

The book "Make it Stick" is about evidence-based strategies for learning. You should get familiar with evidence-based practice, you will be doing lots of it during the school year. This book gives the best strategies based on scientific research and proven evidence. However, some students continue to use strategies that are ineffective for true learning. This book is meant to be a starting point for you to develop or perhaps refine your study habits and to reflect on how your strategies are affecting your understanding of the material. I will refer back to these strategies frequently during the year, it will be a good idea for you to understand them.

1. Describe how learning is misunderstood according to the book. Think back and give 2 specific examples from your own learning when you thought you had truly "learned" material, but perhaps just committed it to short term memory.
2. Explain how you plan to use best practices to succeed in AP. Be specific and describe at least 2 strategies you plan to use and how you will implement them into your study habits.
3. Explain how and where you will build your first memory palace.
4. A one pager is a one-page representation of many ideas, content, etc. There are a plethora of examples and even templates on the internet (don't worry, I've looked at a LOT of ones for the book so I can see when you are being creative) Make a one pager for the following chapters:
 - a. Chapter 4: Embrace difficulties
 - b. Chapter 5: Avoid illusions of knowing